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see results quickly



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Contents



1. Introduction

Vision is the most precious of our senses. You see the splendor of a sunset, you see the smile on the face of someone you love and you see the innocence in the eyes of a child. Mother Nature has made certain that this sense is perfectly developed as we grow up. It may come as a surprise to you to hear that eyesight acuity is actually a skill we learn as we mature, and that the eyes of an infant are not fully developed. A baby begins to recognize colors at the age of about 4 months. Hand and eye co-ordination develop next and then co-ordination between eyes and body. At about 12 months of age babies begin to walk and from then on their vision continues to develop in the way that nature intended.

I am writing this book based on my own experience of wearing glasses for more than 25 years. Initially, like most people, I believed there was nothing that could be done about failing eyesight. It seemed that it was just a consequence of growing old – the only thing in question being whether hair or eyes would go first. At the time, 1991, my eyesight measured 5.5 diopters of near-sight. That means it was necessary for me to wear glasses for most things, including reading. In fact I needed two pairs of glasses, one for reading and another for distance.

A friend of mine had been working on improving his eyesight, but he had been trying for three years and was still wearing glasses. Long-term projects do not appeal to me. I like to feel that I am making progress in 20 minutes or less, otherwise I am not interested. I don't expect to have 20/20 vision after just one exercise, but I do want to sense that I am progressing and not just imagining that something is happening. So the approach I teach works fast.

In 1990 I became interested in something called neuro-linguistic programming (NLP). A seminal book in that field is *Trance-formations*, by Richard Bandler and John Grinder. The book is basically a transcript of a hypnosis seminar. On page 177 the authors describe a regression where they take a client back into their childhood. As we know, as children we generally have perfect eyesight. In a flash of inspiration,

Grinder brought the client back to the present, but with the eyesight of his childhood. Suddenly the client was able, as in his childhood, to see without glasses.

I was very excited about this. Imagine what it would be like if you could visit a hypnotherapist and emerge, after a mere hour, with perfect eyesight. Unfortunately, the universe had other ideas, since I could not find anyone who could lead me through this process. However, my interest was aroused because I concluded that there must be a way of regaining one's eyesight naturally.

Initially I played around with visualization exercises and they helped to a degree. However, I wanted to be completely cured and altogether eliminate the need for lenses. So I continued my quest for a way to recover my innate natural vision.

One Friday night I was going through the books I had acquired and happened to pick up one about healing with energy. In this book there was an exercise that was supposed to be good for near-sight. So I tried it and immediately felt that my eyes were becoming stronger. I continued doing this exercise every two hours and, eureka, the next day, after lunch, I was able to read without glasses. I have never needed reading glasses since. Throughout the weekend I continued with the exercise and on Monday morning I decided to go to work without glasses. I took a train and, as far as I know, there were no accidents that day! I was determined to keep the glasses off until after lunch at least. By lunchtime my eyes were very tired. If you have a high degree of near-sight you will know that taking off your glasses makes your eyes feel weary very quickly. However, I continued practicing the energy exercise and was gradually able to keep the glasses off for longer and longer periods. By the end of the week I was able to manage without glasses for the whole day. From then on I kept the glasses in my pocket, only taking them out to use as a magnifying glass on the *A–Z* if I needed to pick up someone from the airport. I did not want my subconscious mind to get any ideas that I wasn't serious about this.

From then on my vision kept improving and after another two weeks I could recognize people on the other side of the street, so my social life picked up once again. I did nothing about my eyes for the next five years and more or less forgot that I had ever worn glasses. Then, in 1995, I attended a month-long NLP Master Practitioner training at the NLP University, Santa Cruz, California. During the program I mentioned to my friends that I used to wear glasses. They appeared to be very interested and urged me to tell them what I did to achieve this seemingly remarkable feat. So I planned an evening talk and no less than 60 people showed up. This was an eye-opener(!) for me. Until then I had not realized that so many people were interested in getting rid of their glasses.

The following year, 1996, I was back at the NLP University for another course. This time we were required to have a "modeling project" – some area of excellence that we could explore and then develop a way of transferring this knowledge to others. At the time I did not know anyone who had regained their eyesight so there was nobody I could ask to help me with this. I decided that I would model myself and use my own experience as the basis for a new approach to curing near-sight. At this time I started buying books on how to recover your eyesight, such as William Bates' *Seeing without Glasses* (1920) and Janet Goodrich's *Natural Vision Improvement* (1986). From these I learned about the techniques of palming, sunning and so on.

By this point, I had come to the conclusion that it was prudent to have an understanding of any underlying beliefs that could be getting in the way of having clear eyesight. This was probably because, by then, I had learned effective ways of regressing people back in time. I uncovered a lot of interesting information about the kinds of life experiences that could have an impact on one's eyesight. Mostly it boiled down to innocent conclusions made by the mind of a child. For example, one little boy was moved from one school to another as an 8-year-old and as a consequence he lost all his friends. Another child uncovered a memory about taking a dislike to a teacher. Some of the experiences involved people seeing things they were not supposed to see. Others concerned events happening in their lives that they did not like but were powerless to do anything about. When I first started putting workshops together, I was convinced that about half of those attending would need subsequent personal one-on-one sessions in order to help them to see their beliefs for what they are and become free of these limitations.

In the process of creating the workshops I started learning about other kinds of common vision problems. For example, at the time I had no idea what astigmatism was, much less what to do about it. In the process of learning about different conditions, I started figuring out what exercises could be of help.

Before the lunch break on the first workshop, one myopic participant found that he could read the 20/20 line on the eye-chart, as well as the small print. This was a great pat on the back and I realized that most of the participants could benefit from my program. Coincidences and small miracles kept occurring and I was invited to more and more places to present the workshop. Since 1996 I have presented about 25 workshops per year in cities around the world. For example, I have given the workshop more than 25 times in London. Often I meet people who tell me they had wanted to come to my workshop for years before an opportunity presented itself.

I prefer the workshop approach to one-on-one sessions. This is because in 14 hours you will experience and learn more about your eyesight than I can possibly teach in

an hour. Group dynamics are helpful in encouraging and motivating people to go away and actually do the exercises. It is not only a matter of getting the information, but also about realizing that you have more power than you think over your own eyesight and that there are steps you can take to improve it. The intended outcome of the workshop is that participants will discover the fact that they have control over their own eyesight and will get to know exactly what exercises they have to do and what results to expect.

I do not intend to play down the amount of work that is needed, which in some cases will mean doing eye exercises for years. What I do promise is that you will experience progress – your eyes will show you that they can improve and change. Scientific research shows that your eyesight has improved if you can see and identify five letters one line lower than previously on the eye-chart. In my workshop many people report seeing three or even four lines lower at the end of the session. Incidentally, as you descend the eye-chart, each line that you drop represents a 5 percent improvement in visual acuity. Experiencing a 10 to 20 percent observable and measurable improvement in just two days is a considerable achievement. On one occasion, in Berlin, we had an optometrist measuring people's eyesight before and after the workshop. One woman's eyesight measured 2 diopters less on Sunday evening before she went home. What is remarkable about this lady is that she was 92 years old!

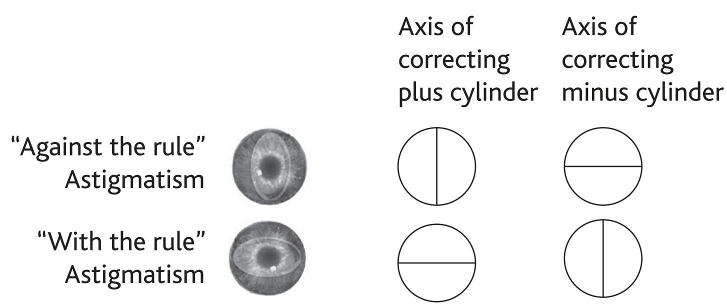
Children respond even more rapidly. I have often seen children regain their "magic eyes" in less than an hour of Vision Training. One such example was 8-year-old Max, who at the beginning had a prescription of 20/40 near-sight. After 20 minutes of exercises he came back to me and told me that he could now see the 20/16 line on the eye-chart. For a child under 10 years it is normal to be able to see the last line on the eye-chart. The following year I met Max again and checked his eyesight. He could still see the 20/16 line, so either he had an incredible memory or his eyesight had truly improved.

I am writing this book because I want people to know that it really is possible to regain one's eyesight. Another reason is that I would like to share my learning with the world so many more people can benefit. This message is especially important for children. There is no reason why children should be condemned to a life wearing glasses when, in most cases, they can easily regain natural clear sight using the methods of Vision Training. Introduced early on, this approach is highly effective and has the added advantage of being natural and showing permanent results.



12. Astigmatism

In the normal eye all light rays are seen to bend in the same direction. In astigmatism the light rays vary from plane to plane. Typically the cornea has the greatest refractive power at the vertical meridian, the 12 o'clock–6 o'clock line of the watch dial. This is known as "against-the-rule" astigmatism or direct astigmatism. Research indicates that this is by far the most common type of astigmatism and is found in around 88 percent of all cases.



The less common "with-the-rule" astigmatism occurs when the refractive power of the cornea is greater along the horizontal meridian, or the 9 o'clock–3 o'clock line on the watch. About 5 percent of all cases are with-the-rule astigmatism. However, it is possible to have astigmatism at any point of the compass and to have horizontal as well as vertical astigmatism at the same time. You can have astigmatism in only one or both eyes and/or you can have astigmatism at different angles in each eye.

The conventional explanation is that the fault is inherent in the eyeball – either in the cornea or the entire eyeball – which is presumed to be congenitally distorted. Ophthalmologists generally define astigmatism as caused by the toroidal anterior corneal surface.

In other words, astigmatism is an irregularity in the curvature of the cornea caused by tension and pressure on the eyeball. In rare instances, astigmatism can form in the lens or in the retina.

Optically, astigmatism is corrected by the combination of spherical and cylindrical lens elements that form a complex curved shape, somewhat like the sections of a football. To make this work the optometrist needs to define the axis of the refractive error – two lines at right angles to each other – which indicate the greatest and least degrees of the error. He must also ensure that the lens is worn in exactly the right position.

Contrary to traditional belief, astigmatism is very fluid and is usually easy to correct – relaxation is the key.

Astigmatism is one of the vision problems that responds beautifully to Vision Training. I have seen mild astigmatism (less than 1 diopter) vanish after just a few exercises. Some time ago I gave an introductory talk at a conference held at Regent's College in London. In the audience there was a woman who remarked that some of the lines on the eye-chart seemed to be darker than others (this is a sign of astigmatism – see the astigmatic mirror on page 92).

After guiding the group through the Tibetan wheel exercise (see below) I showed the woman the astigmatic mirror once again. She cried out, "It's the same, it's the same." Everybody assumed that she was talking about the astigmatism; in fact she was talking about the lines on the astigmatic mirror. Suddenly everyone realized that the astigmatism had gone after just one exercise. Astigmatism does not always go that fast. However, most people will notice that a change has taken place.

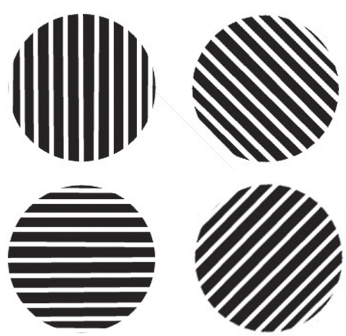
In most cases astigmatism will disappear after exercising for just a few days. With more severe cases it may be necessary to do the Tibetan wheel exercise for a few weeks before the eyes return to normal.

Vision Training principles for astigmatism

- Exercise the exterior eye muscles at a gradual pace, so they become more flexible.
- Get feedback in the form of an astigmatism chart. It is important that you know how you are progressing.

There is growing evidence that the development of astigmatism is formed by environmental influences as well as the personal visual habits that you have adopted. The rigidity of the cornea, which may vary individually from person to person, also plays a role. The flexible corneal tissue reflects the stress patterns influencing the eye. This is similar to putting up a tent. If you don't maintain equal tension in the wires your tent will tilt in the direction of the wire you have tightened the most.

In Vision Training we adopt the presupposition that astigmatism is mainly caused by tension carried in the rectus muscles located around the eye. Consequently, the best strategies for correcting astigmatism involve exercises designed to loosen or adjust the tension held in those muscles. Many of the body's muscles are kept on a continuum between being totally relaxed to very tense. Your neck muscles are a good example of this – you have probably experienced having really tense neck muscles at some point in your life. During the day you maintain a delicate balance between tension and relaxation in order to keep your head movements flexible. You are ready to move in any direction the very instant your attention is drawn to something in your environment.

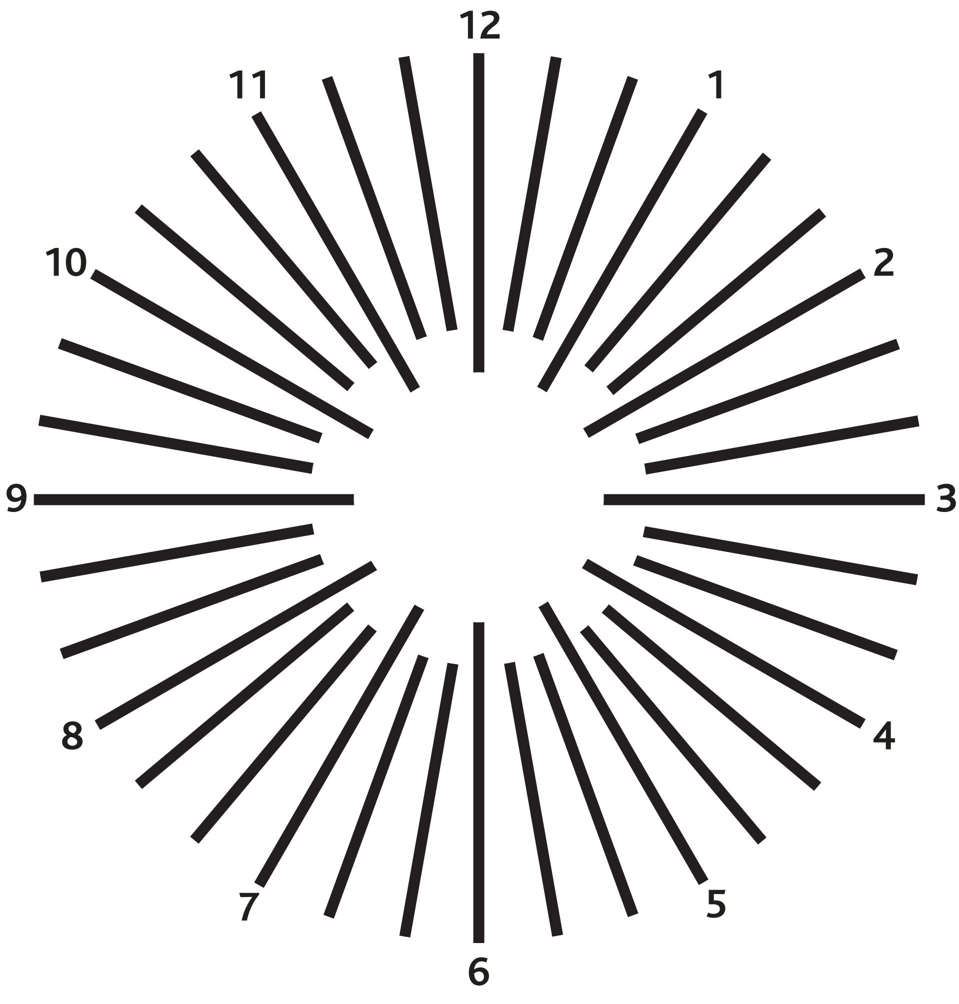


If you have astigmatism one of the four circles will apear darker depending on the axis of your astigmatism

Astigmatism can develop when the upper and lower rectus muscles (the four muscles that control the eye's movements from left to right and up and down) are too tense. This results in an excessive up and down pull which causes the cornea to curve more along the vertical meridian (the 12 o'clock–6 o'clock line). It flattens slightly along the sides, producing typical with-the-rule astigmatism. Since astigmatism is caused by tension in the muscles around the eyes, the best way to correct it is to release the excess tension. In the following exercise we will explore a couple of ways you can quickly identify which of your muscles are tense, and then begin to relax them.

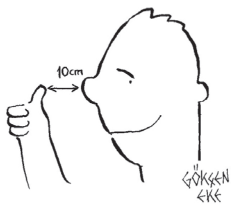
First, look at the astigmatic mirror or the circles above and identify your current state. Try looking at the chart from several distances. For some people there is astigmatism at certain distances only. Find out if your astigmatism is more pronounced close to or far away. If so, this will be valuable information later on when you want to check your progress.

Note that the astigmatic mirror will only be accurate within the field of your clear vision. Outside the range of your natural vision the chart is not reliable. However, as your vision continues to improve, the chart will stay accurate. As you exercise, check the astigmatic mirror from time to time to monitor your progress. You will notice that the darker lines begin to even out or the lines will begin to appear to be of the same length all around.



Exercise to loosen the eye muscles

This exercise is designed to gently loosen the muscles of your eyes before attempting more strenuous exercises. The objective is to induce flexibility in the muscles. If you find this exercise is painful then go slowly. Don't attempt the Tibetan wheel exercise before you can do this exercise very comfortably.



1. Place your thumbnail straight ahead in front of your eyes. Your thumb should be less than the width of your hand from your face. Some may not see the thumbnail clearly. This is all right since we only want to exercise the muscles.
2. Now, very slowly, move your thumbnail straight up. Keep your head still and follow the thumb up as far as you can see. Then, very slowly, move your thumb straight down. Continue to move your thumbnail to the various angles shown on the drawing.



3. When you have done one round of this, relax your arm and eyes for a moment. When you are ready, do the same exercise again, but this time synchronize your movements with your breathing. As you are moving your thumb up, inhale, and as you are moving your finger down towards the center exhale as slowly as you possibly can. Notice how your entire body begins to relax, including your eyes.
4. Do this exercise with synchronized breathing once in a clockwise direction and once in a counter-clockwise direction.

Did you find that moving towards some of the angles was more difficult than others? This is an indication that your rectus muscles are less flexible at those angles. Check your progress on the astigmatism chart on page 92.

Do this exercise three times a day with a few hours of rest in between. It is a kind of aerobics for the eyes. You want to just touch the tension and then relax. Doing this repeatedly over a period of time will loosen up and greatly reduce any tension you have in your eye muscles and, as a result, your corneas will begin to revert to their natural shape.

This book details strategies designed to improve your eyesight by exercising your ability to see. Leo's approach is very specific and targets each type of vision problem. He explains how you can tone your eye muscles, release tension and build up energy in order to regain your natural eyesight.

Improve Your Eyesight Naturally includes simple vision tests that you can use yourself to verify your level of vision and monitor your improvement. It is effective for:

- **Near-sight** – the inability to see at distance
- **Astigmatism** – uneven stress patterns in the cornea
- **Ansiometropia** – when the two eyes have different degrees of near-sight
- **Amblyopia** – also known as 'lazy eye', a condition where the brain switches off one eye
- **Strabismus** – where the eyes are not properly coordinated with each other
- **Presbyopia** – the need for reading glasses

Long interested in investigating the seemingly far-fetched claims people have made that vision could be improved naturally, without glasses, I attended Leo Angart's course, in which he puts the principles in this book into action. To my amazement, by doing the exercises over the several days of the course, my wife and I both found we needed, on average, between our four eyes, about 3/4 of a diopter less prescription correction per eye.

Norman Doidge, MD, author of *The Brain That Changes Itself*

Improve Your Eyesight Naturally is a mine of practical, readily usable information.

Katrina Patterson, INLPTA Certified NLP Trainer, Feldenkrais Teacher and Vision Coach

I tell everyone I know about Leo's work and am determined to stop wearing reading glasses as proof of how wonderful his methods are.

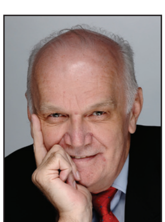
Jean Kelly, MA, MCIPD, Jean Kelly Consultancy Ltd

Leo's book sees far beyond clarity of vision. He gives you tools to recognise small changes that make a huge difference.

Belinda McKenna, Storyteller

A practical and comprehensive tool for those looking to improve their eyesight naturally.

Anthony Barrett, NLP Trainer/Coach



Leo Angart is a business consultant, author and trainer. Having worn glasses for more than 25 years he speaks from personal experience. It has now been more than 19 years since he threw away his glasses.

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